

October 28, 2013  
Coaching Research Institute LLP

### **Publication of Report on the Effects from Coaching Based on Client Evaluation “Behaviors and Structures for Coaches to Maximize Effects on Coaching”**

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Tokyo, Japan – Coaching Research Institute LLP (CRI) has published its report on the effect from coaching based on client evaluation. The data has been gathered from the Coaching Skills Evaluation System (CSES), a web-based system used in post-coaching evaluation. A total of 332 cases were gathered between January to June 2013.

The report entitled “Behaviors and Structures for Coaches to Maximize Effects on Coaching” has been published on the Coaching Research Institute website and on the Research Portal of the International Coach Federation (ICF) website. Based on the research, the following characteristics were observed.

#### **“Behaviors and Structures for Coaches to Maximize Effects on Coaching”**

- 1) Setting specific goals and sorting out lead to a more effective coaching**
- 2) Longer coaching sessions did not necessarily lead to more effective coaching**
- 3) More frequent coach sessions lead to a more effective coaching**
- 4) Differences were seen between coaching through phone and in person**
- 5) Coaches with more experience left decision-making to the clients**

### **What is CSES?**

CSES (Coaching Skills Evaluation System) is a web-based system used in post-coaching evaluation. The service is provided to professional coaches around the world and is free of charge. Currently, it is being used by more than 800 professional coaches in 27 different countries. Through this system, coaches can receive feedback from clients after the completion of their coaching sessions. The effectiveness of the coach’s coaching can be measured quantitatively based on two main criteria: Coach’s Behavior (18 items) and Effects from Coaching (22 items). The average score of all coaches around the world are also displayed in real time, allowing coaches to further develop themselves by seeing their own strengths and weaknesses. CSES can be accessed from the website: <https://cses.crillp.com/>.

For more information, please visit [https://www.coacha.com/cgi-bin/cri/contact\\_en/index.cgi](https://www.coacha.com/cgi-bin/cri/contact_en/index.cgi) or contact Yukari Moriya or Kei Ohtani +81-3-3237-3457, Coaching Research Institute LLP

## **About Coaching Research Institute LLP**

Corporate Name      Coaching Research Institute LLP

Established            May 2007

### **Business Outline**

- Research on leadership and organizations with a focus on communication
- Development of research methods & products pertaining to organizational & leadership diagnoses
- Communication of impact of coaching, and functional mechanisms

Coaching Research Institute LLP (CRI) is a research agency established through financing from COACH A Co., Ltd., consisting of researchers who are certified in professional coaching. Its goal is to pursue the most effective mechanism in which coaching functions, and foster the global standardization of the methods for impact measurement.